



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 19104, Candies, fudge, vanilla with nuts

Report Date: June 26, 2017 17:58 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Proximates					
Water	g	7.99	--	--	2.27
Energy	kcal	435	--	--	123
Energy	kJ	1819	--	--	516
Protein	g	3.00	--	--	0.85
Total lipid (fat)	g	13.69	--	--	3.88
Ash	g	0.54	--	--	0.15
Carbohydrate, by difference	g	74.61	--	--	21.15
Fiber, total dietary	g	0.9	--	--	0.3
Sugars, total	g	71.00	--	--	20.13
Minerals					
Calcium, Ca	mg	47	--	--	13
Iron, Fe	mg	0.41	--	--	0.12
Magnesium, Mg	mg	24	--	--	7
Phosphorus, P	mg	73	--	--	21
Potassium, K	mg	103	--	--	29
Sodium, Na	mg	42	--	--	12
Zinc, Zn	mg	0.56	--	--	0.16
Copper, Cu	mg	0.219	--	--	0.062
Manganese, Mn	mg	0.466	--	--	0.132
Selenium, Se	µg	2.2	--	--	0.6
Vitamins					
Vitamin C, total ascorbic acid	mg	0.1	--	--	0.0
Thiamin	mg	0.051	--	--	0.014

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Riboflavin	mg	0.085	--	--	0.024
Niacin	mg	0.179	--	--	0.051
Pantothenic acid	mg	0.183	--	--	0.052
Vitamin B-6	mg	0.077	--	--	0.022
Folate, total	µg	12	--	--	3
Folic acid	µg	0	--	--	0
Folate, food	µg	12	--	--	3
Folate, DFE	µg	12	--	--	3
Choline, total	mg	10.0	--	--	2.8
Vitamin B-12	µg	0.07	--	--	0.02
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	41	--	--	12
Retinol	µg	40	--	--	11
Carotene, beta	µg	11	--	--	3
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	151	--	--	43
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	1	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.22	--	--	0.06
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.8	--	--	0.2
Lipids					
Fatty acids, total saturated	g	3.828	--	--	1.085
4:0	g	0.176	--	--	0.050
6:0	g	0.117	--	--	0.033
8:0	g	0.078	--	--	0.022
10:0	g	0.143	--	--	0.041
12:0	g	0.146	--	--	0.041
13:0	g	0.000	--	--	0.000
14:0	g	0.441	--	--	0.125

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
15:0	g	0.000	--	--	0.000
16:0	g	1.875	--	--	0.532
17:0	g	0.027	--	--	0.008
18:0	g	0.809	--	--	0.229
20:0	g	0.015	--	--	0.004
22:0	g	0.000	--	--	0.000
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	2.454	--	--	0.696
14:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.046	--	--	0.013
18:1 undifferentiated	g	2.384	--	--	0.676
20:1	g	0.023	--	--	0.007
22:1 undifferentiated	g	0.000	--	--	0.000
24:1 c	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	6.614	--	--	1.875
18:2 undifferentiated	g	5.344	--	--	1.515
18:3 undifferentiated	g	1.270	--	--	0.360
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000
20:3 undifferentiated	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.158	--	--	0.045
Cholesterol	mg	13	--	--	4
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0